

বঙ্গবন্ধু শেখ মুজিব মেডিক্যাল বিশ্ববিদ্যালয়ে 'লবণও অসংক্রামক রোগের ঝুঁকি' শীর্ষক গবেষণার ফলাফল প্রকাশ
খাদ্যদ্রব্যে অতিরিক্ত লবণ খাওয়ার কারণে হৃদরোগসহ অসংক্রামক রোগের ঝুঁকি বাড়ছে



এসজিএফ'ক তগু Amy gubji i 61 kZisk ü`tiM, K'v'vi, WqfetuM, D'P i³Pvc, iKWb tiM BZ`wi D'tjL'thM' AmspugK tiM (GbuWm-bb KugDibKej WLRtRm-NCDs-non-communicable diseases) Ayuvš| G, tjvi gta` nek, `v` ms`vi Z` Ablyqx eisjv`tk gZzi cåb KviY, tjvi gta` ü`tiM 17 kZisk, K'v'vi 10 kZisk, WqfetuM kZisk Ges Ab`ib` AmspugK tiM 18 kZisk | Lvefi ibivc` gvvi tPtq teik jeY MåY ü`tiM Ab`Zg KviY| XuKv knii `wi`RbtMhõxi Ici cuiPuj Z cvej K tnj_ GÜ BbditguUK nefvMi mæcZK Mtelyvq t`Lv tMtQ, Zv`i Lvefi jeY MåYi cuiqv nek, `v` ms`v KZR ubaZ ibivc` jefYi gvvi tPtq teik| GQov XuKv kni tek KtqKu Rbicaq emÜi cuDial cixv Kti I e`eüZ jefYi cuiqv `vwek gvvi tPtq teik cvlqv tMtQ| cKZcty, Lv`te` Anzi³ jeY`vKv I Lvefi mæ` Anzi³ jeY Lvlqvi KviY ev Anzi³ jeYvki³ KviY ü`tiMn AmspugK tiM Sæ evotQ| AvR 15 tg 2017, tmgevi, mKvj 9Uv 30 igubtU eZeÜzKLGyRe tguWK'vj nekje`vj tqi ne ekKi bPZjvq knx Wv. vj b ntj jeY Lvlqvi `v`MZ Sæ ibtq veKl Kti jeYI th AmspugK tiM Sæ evovq (Dissemination Seminar on Salt as an NCD Risk factor) tm veltq G nekje`vj tqi cvej K tnj_ GÜ BbditguUK nefvMi (Department of Public Health and Informatics (DPHI) D`vM cuiPuj Z Mtelyvi djvdj cKv Abõb I eZeÜzKLGyRe tguWK'vj nekje`vj q Ges BDtvcq BDibqbi mnthMvq AvSRZK `v` Mtelyv cZõb AvBimWAvi, ve-Gi tkqvi cKí-Gi thS_ D`vM AvtqurZ tmgbvfi G Z` Ribvbnq| tmgbvfi D`vabx Abõv cåb Anzi_ inmtæ Dcw`Z vDtb eZeÜzKLGyRe tguWK'vj nekje`vj tqi gubbx DcPvAa`vK Wv. Kigaj numb Lub| veKl Anzi_ inmtæ Dcw`Z vDtb eZeÜzKLGyRe tguWK'vj nekje`vj tqi mævZ Dc-DcPv(Mtelyv I Dbõb) Aa`vK Wv. tgv knx jn imK'vi, mævZ Dc-DcPv (cKumb) Aa`vK Wv. tgv kv dmb Avtg`, mævZ tKvva`y Aa`vK Wv. tgv Avj x Ammi tgvj| mfvvZ; Ktib eZeÜzKLGyRe tguWK'vj nekje`vj tqi cvej K tnj_ GÜ BbditguUK nefvMi tPqig`v Aa`vK `mq` kixj Bmj vj| `MZ e³e`i vLb cvej K tnj_ GÜ BbditguUK nefvMi mnKvix Aa`vK Wv. tgv Lvj KZavub| tmgbvfi vZvq cteQj `eAvbK Avatekb| `eAvbK Avatekb mfvvZ; Ktib AvBimWAvi, ve-Gi veAvb I cKí cuiPuj K W. Bkev Avbqv| gWvUtii `vq; cvj b Ktib nek, `v` ms`vi (WHO)-Gi Dc`õv (Mtelyv I cKv) W. Gg tgv`bv Rvub| c`vbj ÷ inmtæ Dcw`Z vDtb Aa`vK Wv. tgv Avj Ruj j tPaj, Aa`vK Wv. tgv nuimj nK I bulhiK vbi Pxd Acvits Andmvi W. Avly bi Zvi | ÖkviU GvWY Ab me BbtUK G`m vP d`vi di GbmW (bb KugDibKej WLRtRm)Ü kxR `eAvbK cÜ Dc`vcb Ktib Aa`vK tmfnj tiRv tPaj| ÖWbtQuvi me BbtUK Bb Avieb ccj kb vj vfs Bb G`v Ad XuKv, eisjv` kÜ kxR `eAvbK Dc`vcb Ktib Wv. dnvig`v AvdiiR Lub Ges ÖmWvq KbtU Ad etÜW tllm G`vfvj vj Bb v gvk Ad XuKv v, eisjv` kÜ kxR cÜ Dc`vcb Ktib Wv. tgv Avj Avj g| tmgbvfi miKvi-temiKvi ms`vi cZivae., `v` Av`Bti KGRZ), Dbõb mnthv, cBtFU tm±i, `v` MtEK, `v` e`vK, bWZ vbaK, MYva g t`k AvMZ cZivae.) Ask tbb| cåb Anzi_ i e³te` eZeÜzKLGyRe tguWK'vj nekje`vj tqi gubbx DcPvAa`vK Wv. Kigaj numb Lub etjb, vKrmvmev I Rb`v` mævK Mtelyv eZeÜzKLGyRe tguWK'vj nekje`vj tqi eZõb cKumbi cy t`k meiKti

mnuqZv Kiv nte | Mte MtelYvq bZk uKoz uKtZ nte | thtKuQbv MtelYv Aek`B cvej tKkb ntZ nte | MtelYv j ä Zt`i Dci uFiE KtiB uPKrmv ueAb I uPKrmv cüzÖb mgúbi w tK Gmtq thtZ cuti | MtelYvi , iaZ;Dcj wa KtiB G vekte` vjtqi Rb` ubg@vaob Kbtfbkb tmUuti i PviuI tdwi jvBtelimn BDubfum@ uimP@mUuti i Rb` eivi` ivLv nte |

mšubZ Dc-DciPih(MtelYv I Dbqb) Aa`cK Wv. tcut knx jvn mK`vi etjb, Rb`-t` mšubK@ thtKuQbv MtelYvi djvdj cKtki tytI AnaK mPZbZv Aej`b KitZ nte | teik msL`K gubjI i gúS MtelYv cuiPu j Z ntj Zvi DcKui Zvi AnaK nte | mšubZ Dc-DciPih(cKmb) Aa`cK Wv. tcut kvi dñ b Aintg` Zui e`te` jeY Lvl qv, jeY bv Lvl qv, teik jeY Lvl qv I Gi`-t` mšubK@ cFve ubtq ue`lwi Z MtelYvi An`vb Rubub |

mšubZ tkvIa`y Aa`cK Wv. tgvnš Avj x AvmMi tgvj Zui e`te` MtelYv LúZ eufRU ey`mn bvb Dt`m I c@Povi K_v Ztj a`tib |

tmngbuti Rububv nq, euvRi`i uer u nl qv 10u e`tUi cüDiadli AnaKustki bglvq mnbx gv`vi tPtq teik jeY cvl qv tMtQ | teik jeY Lvl qv ýuZKi tRtbi gubj Zv Lu`Q | MtelKiv etj`Qb, `Zui Luevi Kx cui gub jeY AvQ Zv gubj`K Rububv`i Kvi | MtelKiv etj`Qb, c@qRtbi AnZui`3 jeY D`Pi`3Púci KviY | D`Pi`3Púci ü`tíuMi Sx evovq | t`tk Ab`vb` AmspugK tívMi m½ ü`tíuMi c@Kvc I GB tívM gZi` nvi evotQ | eisj` t`k 15 kZsk gubj D`Pi`3Púci fMtQ | Avi 59 kZsk gZi` KviY AmspugK e`wa | cüDiadlZ jeYi cui gvY kbr`3 Kivi MtelYvu KtiQb e`zeÚztkL gRe tgvM`vj vekte` vjtqi ukýv`P Wv. tgvnš i t`k`j Avj g | vZub XuKv DEi I` u`yY umu Ki tcuti k`tbi 60u L`jv f`vKub t`tk 10u e`tUi cüDiadli bglv ubtq jeYi gv`v tcutQb | GtZ t`Lv tMtQ, mvZu e`tUi cüDiadlZ jeYi cui gvY vek;`-t` ms`vi ubav`Z gv`vi tPtq teik | vek;`-t` ms`v ej`Q, 100 c@ cüDiadlZ jeYi mnbx cui gvY mteP 450 vgvj Mtg Avi mslm`xZ cüDiadli bglv jeY cvl qv tMtQ cüz 100 Mtg Mto 503 vgvj Mtg | vZub bglv jeY cvl qv tMtQ, 100 Mtg 450 vgvj Mtgi Kg | GKü bglv cvl qv tMtQ 314 vgvj Mtg | Gü metPtq Kg | GKü tZ cvl qv tMtQ 625.85 vgvj Mtg | Gü metPtq teik | e`zeÚztkL gRe tgvM`vj vekte` vjtqi ukýv`P I MtelK tgvnš i t`k`j Avj g Rubub, cüDiadli tgvotK jeYi cui gvY vj tL t` I qv DuPZ | GtZ gubj jeYi gv`v RubtZ cvi`eb Ges mPZb gubj D`Pi`3Púci t`tk ubtR`K gý` ivL`Z cvi`eb | ivRavni eudubqv Gj`Kvi eiv`emú`i jeY Lvl qui c@YZv ubtq Ab` MtelYvu KtiQb e`zeÚztkL gRe tgvM`vj vekte` vjtqi ukýv`P Wv. dvnug` v Avd`tiR Lub | vZub c@Bec`` 100 bvix I cjad`k ubtq MtelYv KtiQb | Gt`i gta` 61 Rb bvix I 39 Rb cjad` | MtelYv t`Lv tMtQ, Gt`i 82 Rb Rutbb gv`wZui`3 jeY Lvl qv`-t`-t`i Rb` ýuZKi | uS` Gt`i 24 NÉvi c@tei bglv vet`k`Y Kti t`Lv tMtQ, Giv c@Z`KB Mby`thm` cui gvYi tPtq teik jeY Lub | vek;`-t` ms`v ej`Q, GKRB gubj`-v`K 5 Mtg jeY tL`Z cuti | GB cui gvY jeY`-t`-t`i Rb` Sx` Zui Kti | uS` dvnug` v Avd`tiR Lub Zui MtelYv t`tL`Qb, Giv`-v`K Mto 7.89 Mtg jeb Lub |

tmngbuti Avtív Rububv nq, gubjI cüz` bKvi Luevi i Ab`Zg bvg jeY | Luevi K my`f` yjc t`q GB jeY | A_P AZui`3 jeY Lvl qui KviY t`tki gubjI gta` evotQ`-t`-mZ Sx | t`tki AnaKustki gubjI ga`B jeY Lvl qui c@YZv`-t`fue`t`K tPtq A`bK teik | Avi ZvB t`tk cuiZ` bB D`P i`3Púcmn ü`tíuMi Sx evotQ | vektIÁivej`Qb, gv`v`3 jeY Lvl qui KviY t`tk D`P i`3Púci, ü`tíuMn AmspugK tívMi Sx evotQ | Gt`i t` mPZbZv ey` Kiv Riav | e`zeÚztkL gRe tgvM`vj vekte` vjtqi Me`lYv t`Lv tMtQ, t`tki gubj cüz` b 7`-k`uK 8 Mtg jeY Lu`Q | A_P vek;`-t` ms`vi ubt` Rbv Ablyx, GB cui gvY tKubf`ueB 5 Mtgi teik nte bv | Gt`i t` bvix t`i gta` jeY Lvl qui c@YZv cjad` I tPtq teik etj I Me`lYv Dt`V GmtQ | Me`lYv t`Lv tMtQ, bvix t`i kixi cUukq`gi tPtq ýuZKi tmuM`q`gi cui gvY Abt`K teik | tmuM`q`g I cUukq`gi AbgvZ ntj v` 5 I 2 | Aciv t`K cjad` I 4 I 6 | GQvov Me`lYv Dt`V GmtQ gubjI gta` t`vKub`-t`K uerf`bae`t`Ui telv m`tqi Puv`v tetotQ | Gt`i t` mteP` uer u nl qv 10u e`tUi telv j`v`e cix`lv Kti t`Lv tMtQ, 7 ut`ZB AnZui`3 jeY t`qv nt`Q | hv e`S` tnuK, hv e`S` tnuK cüz`v`Z t`tki gubj teik jeY Lu`Q | e`zeÚztkL gRe tgvM`vj vekte` vjtqi cvej K tnj`_ GÜ Bbding`uKm uef`v`Mi mnKvix Aa`cK Wv. tcut Lut`j K`zvgub Rubub, gubjI kixi tmuM`q`gi cui gvY teik ntj D`P i`3Púci mub`nq | t`tk bvix t`i gta` jeY Lvl qui c@YZv teik | th KviY Zviv D`P i`3Púci teik Avu`š` nt`Q | A_P AnZui`3 jeY Lvl qui KviY evotQ AmspugK tívMi Sx | e`zeÚztkL gRe tgvM`vj vekte` vjtqi`-v`uk`lv`-m`cüz` t`tki gubjI gta` jeY Lvl qui c@YZv ubtq GB Me`lYv Ktib | GtZ Mtg ch`qi 100 Rb bvix (60) I cjad` I (40) BDi bvix tmuM`q`g, cUukq`g I u`tqv`ubb cix`lv Kiv nq | hvi gva`tg GKRB gubj 24 NÉv KZU`ky jeY tL`q`Q Zv cix`lv Kiv nq | huZ`-t`Lv huq, vek;`-t` ms`vi cui gvY Ablyx 5 Mtgi btP ntj I t`tki gubj 7`-k`uK 8 Mtg jeY Lu`Q | th KviY vet`k` Ab`vb` t`tki Zj`bqv eisj` t`k D`P i`3Púci, ü`tíuMn AmspugK tívMi Sx teik etj Me`lYv Dt`V GmtQ | ÜvB`tuUui me` Bbu`K Bb Avieb ccj`tkb vj`v`fs Bb G`-vg Ad XuKv, eisj`v` k` k`l R`-e`ÁubK GB Me`lYv KtiQb ueGmGgGgBDÜi uk`lv`-P Wv. dvnug` v Avd`tiR Lub | GQvov uerf`bae`-v`Kub`-t`K Rbuc`q` Ggb 10u telv ubtq j`v`e cix`lv Kti t`Lv tMtQ, hvi 7 ut`ZB AnZui`3 jeY t`qv nt`Q | ÜtmuM`q`g KbUb`U Ad e`t`Üw telv m` G`v`f`Bj vej Bb w` gv`k`P Ad XuKv umu, eisj`v` k` k`l K GB Me`lYvu KtiQb ueGmGgGgBDÜi uk`lv`-P Wv. tgvnš i u`v`j Avj g |